100 WARTBURG BLVD., WAVERLY, IA 50677

CHANGE SERVICE REQUESTED

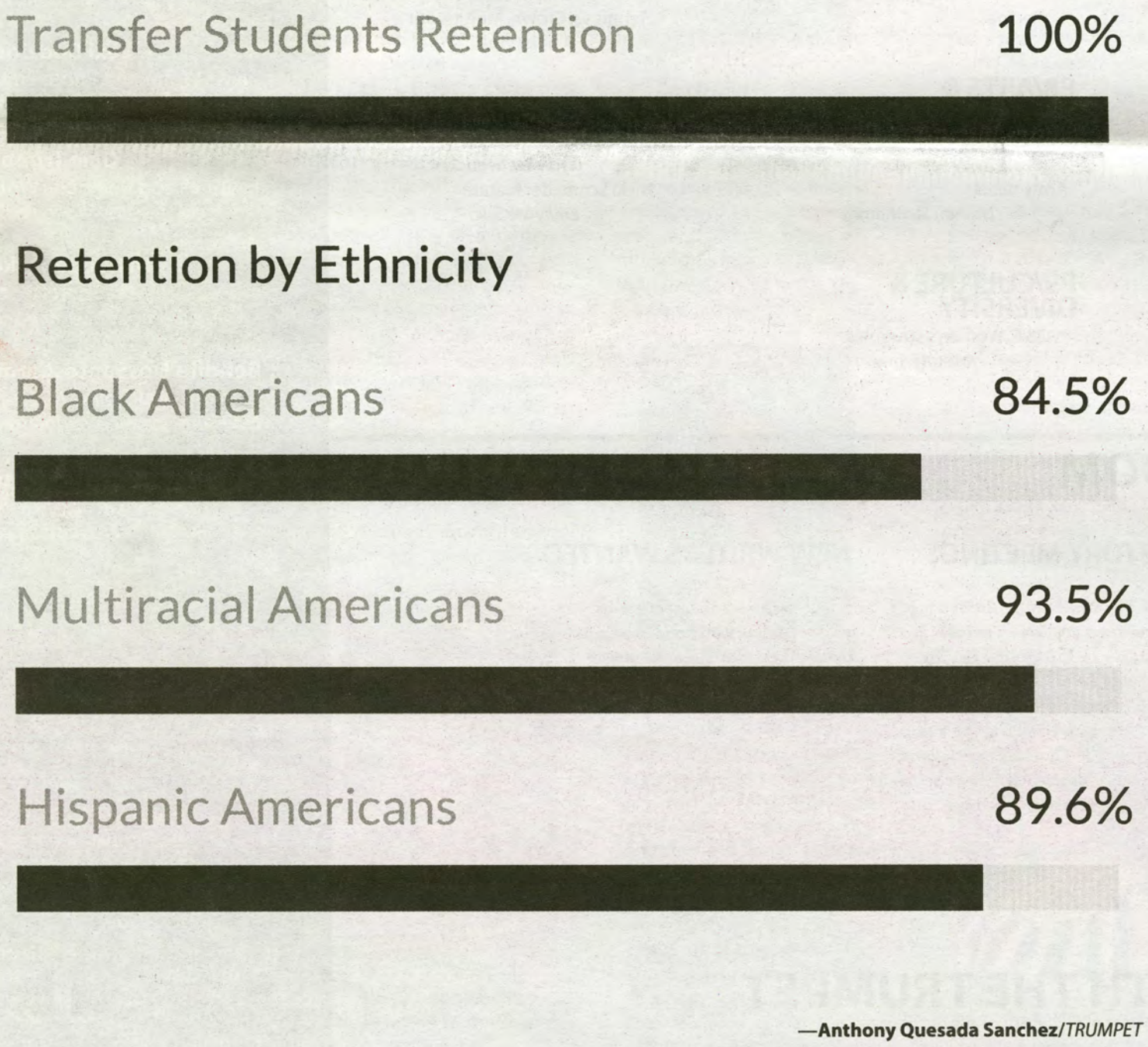
NONPROFIT ORG
US POSTAGE
PAID
WARTBURG COLLEGE.

WARTBURG TRUMPET

March 19, 2019 | For more news, go to www.wartburgtrumpet.com | Volume 113, Number 15

Retaining Wartburg students

Fall 2018 to Winter 2019



—Anthony Quesada Sanchez/*TRUMPET*

Enrollment retention by the numbers

IAN COON
STAFF WRITER
ian.coon@wartburg.edu

College administrators keep track of a lot of data points to monitor student learning and success. One important piece of data is student enrollment retention, tracked by Dr. Edith Waldstein, vice president of enrollment management at Wartburg.

"In monitoring this retention report, we can detect historical patterns and aberrations," Waldstein said. "It allows us to analyze these and integrate them with other enrollment research. All of this analysis combined serves the purpose of making decisions related primarily to student success and satisfaction, the happy by-product of which is student retention."

Federal Student Aid, an office of the U.S. Department of Education, defines enrollment retention as, "undergraduate students who continue at that school the next year. For example, a student who studies full-time in the fall semester and keeps on studying in the program in the next fall semester is counted in this rate."

At Wartburg, Waldstein tracks enrollment retention rates between semesters in academic years.

From Fall 2018 to Winter 2019, Wartburg held a 95.5 percent retention rate. This means 65 students out of the total student body who did not return after Christmas break. The report excludes those students who are not eligible to return, such as December graduates.

Last academic year's Fall 2017 to Winter 2018 retention rate was 94.6 percent, comparatively.

Due to Wartburg's smaller institution size, Waldstein has the privilege to conduct individual interviews with each student choosing to not return.

"We're able to collect soft data of their needs for leaving and to help us improve and tidy up loose ends on their end," Waldstein said.

According to those individual interviews with Waldstein, only 13.9 percent did not return

Rentention, p. 05

NEWS
Meet the 2019 TEDx speakers
PAGE 03

CULTURE & DIVERSITY
Women's history month, featuring stories from women on campus
PAGE 09

KNIGHTLIFE
Craft: Make your own plant!
PAGE 06

March 19, 2019

LETTER FROM THE EDITOR

Saying thank you

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

Thank you for picking up this week's issue of the Wartburg Trumpet!

As the end of the semester approaches, I have grown more appreciative of all of the things this year's Trumpet staff has accomplished, and I am looking forward to seeing the new ideas and approaches next year's staff takes on.

While I do not intend on continuing in this position next academic year, I will remain a huge supporter and advocate for the Trumpet, and I will continue to help guide and foster creativitiy in the newsroom.

Being editor-in-chief of the Trumpet has given me numerous opportunities that I will be forever grateful for. I have made connections that will last a lifetime, and I have grown as a student, as a writer and as a professional. I've met life-changing people who inspire me every single day to share my story and help others share stories. I have laughed and cried with my co-workers, who I am lucky enough to also call my friends, and I wouldn't take back a single minute spent working on the newspaper.

While there are still a number of issues left until Trumpet closes shop for the semester, I wanted to take this opportunity to thank all that have contributed to the Trumpet, whether you are a reader, writer, editor or advisor, you have helped me grow in my passions and discover strengths I did not know I had. Thank you.

As always, I hope you enjoy this issue.

IN THIS ISSUE

P3/NEWS
Meet the 2019 TEDx Speakers

P4/NEWS
Bathroom inspections
Kendall Erenberger

P5/NEWS
Cannabis studies at NMU
Annika Wall
Supply chain management
Megan Stephenson

P6/KNIGHTLIFE
Advice Column: Saving money
Krystal Johnson
Concentration spotlight
Sophie Kongable
Craft

P7/KNIGHTLIFE
Service trip experience
Silvia Oakland
Recipe

P8/ARTS & ENTERTAINMENT
Music review
Ryley Seymour
Army band
Nathan Stephany

P9/CULTURE & DIVERSITY
Q&A, Women's struggles
Krystal johnson

P10/SPORTS
Winter sports postseason results

P11/SPORTS
CTE prevention
Ryan Reebenacker, Chris Lucas
Tennis vs. Crown, Monmouth
Annika Wall

P12/SPORTS
Liz Roby-Miklus feature
Ryan Reebenacker
Nicki Schneider feature
Emily McCalla

THE NEWSROOM

GET INVOLVED

We want your feedback! Send us your comments, questions or concerns to trumpet@wartburg.edu with "Letter to the Editor" in the subject line.

The Wartburg Trumpet is published most Tuesdays during the academic year.

STORY MEETINGS

The Wartburg Trumpet story meetings are every Thursday at 11:30 a.m. in McElroy 133. To submit a story idea, email trumpet@wartburg.edu by Wednesday at 5:00 p.m. To sign up for a story, attend the Thursday meetings or contact Megan Stephenson at megan.stephenson@wartburg.edu.

NEW WRITERS WANTED

The Wartburg Trumpet is looking for passionate writers to be a part of their team. Contact Megan Stephenson at megan.stephenson@wartburg.edu.

CONNECT WITH THE TRUMPET

WEBSITE
www.wartburgtrumpet.com

FACEBOOK
@wartburgtrumpet

TWITTER
@wartburgtrumpet

TRUMPET

WINTER 2019

VOLUME 113 ISSUE 15

STAFF MEMBERS

Megan Stephenson
Editor-in-Chief
megan.stephenson@wartburg.edu

Kendall Erenberger
News Editor
kendall.erenberger@wartburg.edu

Krystal Johnson
Knightlife and Op-Ed Editor
krystal.johnson@wartburg.edu

Annika Wall
Sports Editor
annika.wall@wartburg.edu

Silvia Oakland
Arts & Entertainment Editor
silvia.oakland@wartburg.edu

Anthony QuesadaSánchez
Graphic Artist
a.quesadasanchez@wartburg.edu

Lexi Bodzioch
News Writer and Photo Editor
alexis.bodzioch@wartburg.edu

Gale Trimble
Features and Knightlife Writer
gale.trimble@wartburg.edu

Ryan Reebenacker
Sports Writer
ryan.reebenacker@wartburg.edu

Bendita DosSantosCarmo
Social Media and Online Manager
b.dossantoscarmo@wartburg.edu

Jessica Martin
Faculty Advisor
jessica.martin@wartburg.edu

Opinions expressed in the Trumpet are those of the editorial board and are not necessarily representative of the opinions of the administration, faculty or staff at Wartburg College.

Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 500 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to megan.stephenson@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

TEDx WartburgCollege

x = independently organized TED event

Meet the 2019 Speakers

March 30, 9-12 p.m.
Knights Ballroom, Saemann Student Center

The TEDx Program is designed to help communities, organizations and individuals to spark conversation and connection through local TED-like experiences. At TEDx events, a screening of TED Talks videos — or a combination of live presenters and TED Talks videos — sparks deep conversation and connections at the local level. TEDx events are planned and coordinated independently, under a free license granted by TED.

Esmeralda Alarcon: "What it means to be a Global Citizen and how refugees fit in"
It is time to help people find their place in the context of being a global citizen and what it means to fit into the global community at large. I would like to provide a sense of belonging for refugees and everyone alike.

Ian Coon: Title TBD
Students are the most important stakeholder in the education process and the least consulted. If a student is not told they are cared about and that their voice matters in a classroom of 30, there is no way they will be inclined to vote in a country with 270 million eligible voters. This has huge implications for how we're preparing students for life outside of K-12 education and the future of our country.

Kim Schlesinger: "The art of being wrong"
To handle life with humility and open-minded curiosity is, in my experience, the best way to build a world of cooperation and peace across generations and cultures, and it is our responsibility to admit our wrongs and listen to the experiences and knowledge of others in order to learn and grow.

Sage Lavine: "The Hidden Power of Female Entrepreneurs"
There is drastic untapped potential within women entrepreneurs, even though women are launching small businesses left and right, 95% of them never break the six-figure barrier to experience the greater success and impact we know we're here to make. I believe this is because so much of modern day business success and mentorship is still based in masculine paradigm. When we can design businesses and the modern market to compliment both genders, we will ignite an evolution of women entrepreneurs reaching their highest potential.

Hailey Schmitz: "The Generation to Overcome Obesity"
The obesity epidemic is no secret; children today may be the first generation that will not outlive their parents. My talk will discuss innovative ways to overcome these negative health trends and introduce healthy living for all.

Caleb Gipple: "The Relentless Pursuit of Failure"
We work to develop a culture where younger generations are exposed to failure more frequently in the hopes of shaping innovative leaders who are ready to tackle the problems of the future.

Anshika Singh: "Let's solve this generation thingy"
I am using stereotypes against millennials, combining it with my own personal stories to create a speech which is funny and delivers a serious message that we need to embrace the different perspectives and working style that millennials bring into the workforce. Tumo Center for Creative Technology in Armenia is one example among many, of an effort made by generation X to embrace the different skills that millennials have. I want to encourage more of this kind of thinking. It is okay that we do not fit in the old box. Acknowledging the stereotypes about millennials and discussing the cause and a way to solve it.

Yusra Malik: "We are the Future"
Tragedy after tragedy has occurred and instead of being shocked, we as a society have become used to them. Another person has been murdered, another school shooting has occurred. Another person dying of starvation, another child becoming an orphan. The problem? The individualistic ideal that stems from this mentality of "us vs. them." The solution to everything we despise in our world is our generation and the ones after. These generations will have the power to enact change because they will be the next politicians, police officers, human rights lawyer, social workers, etc.

Gale Trimble: "Generations of Gender"
I want to focus on how broad of a spectrum gender has been in the past, still is, and will be in the future. I want people to understand the difference between sex and gender, and I want them to take their new knowledge and apply it.

Britt Avery: Title TBD
We often isolate and judge others by what we see and what others see, and we don't initiate any sort of action between those people and ourselves if something stands between us. I will be talking about why that is, how it affects us, and how it can be addressed and changed.

Wil Ranney: Title TBD
We've been looking at fostering civility on the internet all wrong. We'll explore why some popular theories like "echo chambers lead to political polarization" don't hold water, and why "calls for unity" are misguided (at best). Then we'll look at how modifying our online interaction towards giving voice to the marginalized might be the true key to a better social media environment.

Abby Weiland: "Are schools crushing teachers' ability to flourish?"
We dig into the stories of teachers who experience success in and out of the classroom, who feel like they haven't lost themselves in the quest to do what's best for kids. I will highlight what makes them feel success in life, in addition to their successes with work, and offer tangible steps for the wider audience.

Creation of manual ups inspection game

KENDALL ERENBERGER
NEWS EDITOR
kendall.erenberger@wartburg.edu

Knights Village is located on the north side of campus accross from the Complex. This type of living style requires mothly heath and saftey inspections. **-Marketing & Comm.**

A manual outlining guidelines for bathroom inspections in Knights Village, the Manors and the Residence was introduced at the beginning of Winter Term by Derek Deeney, area coordinator for the Residence, and Tandi Siebrands, cleaning staff.

Deeney notified students in December that he was creating a guidebook or manual on what to do, and Deeney said he is hoping there will be physical copies in the different areas that it is needed.

"The standards of cleaning have not changed, they have not changed at all," Justine Jackovich, area coordinator for Knights Village and the Manors, said. "But we noticed that there were a handful of rooms across the area I oversee and Derek's area that would fail regularly and not do anything to change."

No fails from the previous term were carried over, giving everyone a fresh start, Jackovich said.

"[The manual] was not to make it harder to pass inspections, more so it was an effort to be more transparent about what those expectations have always been," Jackovich said.

However,the January health and safety inspection students, especially in Knights Village, seemed to notice a falling trend.

"The first inspection it seemed like almost everyone failed, I couldn't find someone that passed," Brian Hamilton, a resident of Knights Village, said. "After the second inspections, which took place Feb.14 at 7 p.m., it seems like the initial hype died down, so I'm not sure if there was a lot of people that failed inspections."

After failing one inspection, the residents of the suite or townhouse will receive an email from the area coordinator with a form completed detailing the inspection results, as well as any supporting photos.

After failing a second inspection, the residents of the suite or townhouse will need to schedule a meeting with the director of cleaning and maintenance, Keith Strand, to review cleaning practices. The area coordinator for the building will also work to be at this meeting. At least one resident must be present in the residence room at the scheduled meeting. Failure to schedule a meeting will result in a $25 fine per resident.

After failing a third inspection, each resident of the suite or townhouse will receive an automatic fine dependent upon the cleaning required (minimum $25 fine per resident).

"There was a change in the manual for bathroom inspections and I think they upped their game on making sure everything is in order," Breyanna Primous, residence assistant for Knights Village, said. "While a couple more houses than usual failed in January, Tandi, who does the inspections, was open to question for the inspections in February and just talked it through with all of the residents that were present for the inspections. Maybe only two houses failed in February and Tandi was willing to show them what they needed to do to fix their mistakes."

Hamilton fought their failing grade immediately, for they had not failed any of their inspections the previous term.

"I emailed Justine my concerns," Hamilton said. "Then Tandi, cleaning staff that conducts the bathroom checks, got involved in the conversation. I talked to other students then set up a meeting with Justine to voice my opinions."

Ashlee Henderson, the student senate representative for Knights Village, also met with Jackovich and helped plan the ordering of mops.

These mops and buckets are available in the Knights Village RA Office and can be picked up when RAs are on-duty at night.

"Looking at the semester, it seems like [February] health and safety inspections are going fairly well," Jackovich said. "I haven't gotten any reports from Tandi of failed bathroom inspections and I haven't had to send out emails to students to let them know that there was an issue."

If students have concerns about the health and safety inspection, contact Jackovich at justine.jackovich@wartburg.edu.

Business department introduces new supply chain managemet concentration

MEGAN STEPHENSON
EDITOR-IN-CHIEF
megan.stephenson@wartburg.edu

The Wartburg Business Department will offer a new concentration in supply chain management (SCM) next academic year and has begun the search process for a new hire in the department.

Susan Meyeraan

Susan Meyeraan, associate professor of business administration and business department chair, said SCM is a growing field in the business world that offers a wide variety of career opportunities.

"This [concentration] provides an additional direction for business students to pursue," Meyeraan said. "SCM is a rapidly growing, high demand area with many relation career paths. Students will have many opportunities to pursue."

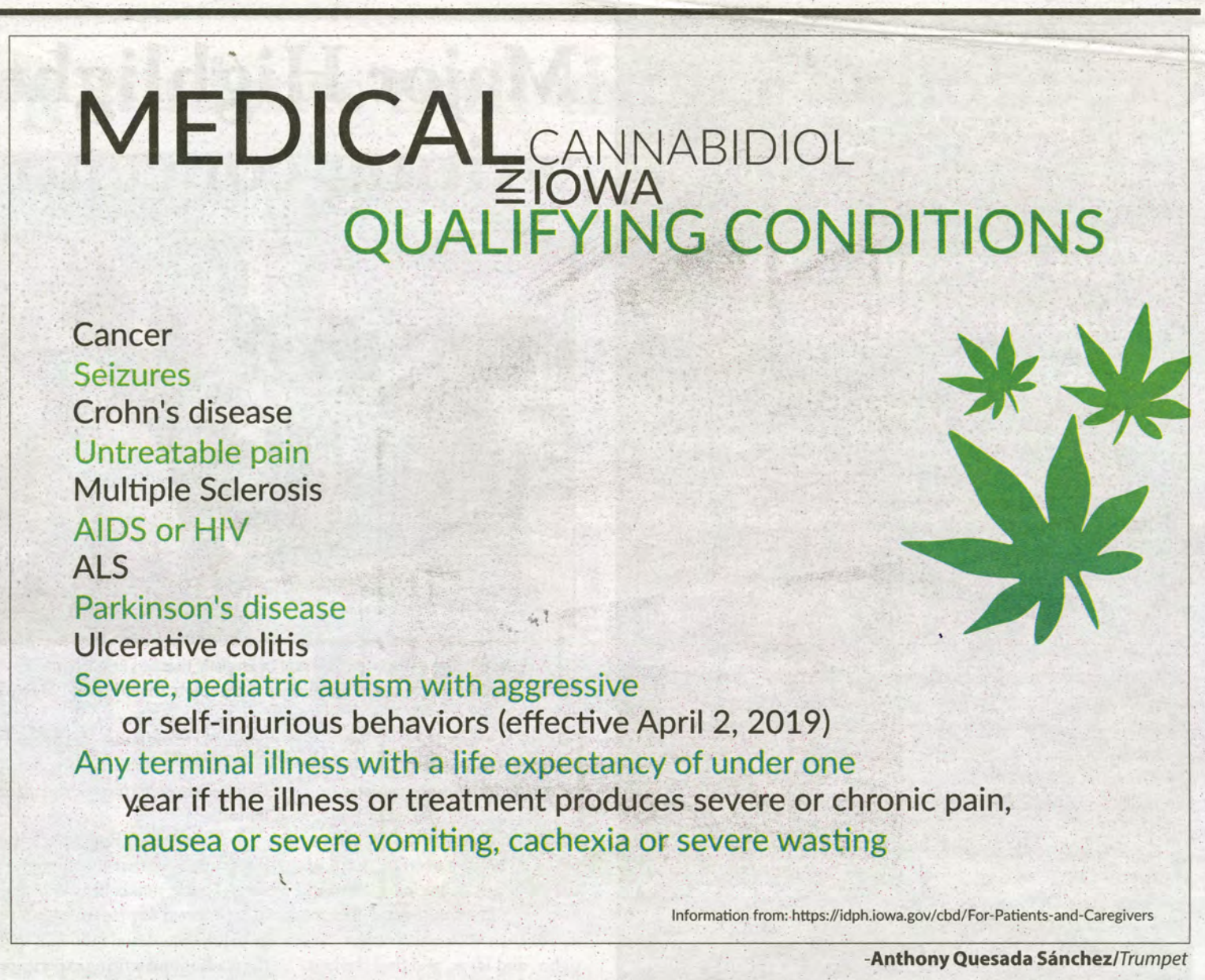
Meyeraan said the National Advisory Board, External Program Reviewer and research conducted by the Hanover Consulting Group have all encouraged the department to add more quantitative coursework and specifically recommended doing it through a SCM program.

According to Meyeraan, SCM looks at process and examines how raw materials move through a system to become a product or service. It, and then looks at how that product or service reaches the consumer.

"Many people think of SCM in connection with manufacturing," Meyeraan said. "While SCM is very important in manufacturing, it is equally important in retail and service industries. It's all about the relationships between vendors, producers and consumers."

Courses for the concentration will include topics such as operations management, logistics, facilities, planning, project management, business data analytics, distribution management and more.

For more information on the concentration, contact Meyeraan at susan.meyeraan@wartburg.edu.



-**Anthony Quesada Sánchez**/*Trumpet*

NMU students pursue career in cannabis

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

In response to the growing need for experts in the marijuana industry, Northern Michigan University (NMU) launched a medicinal plant chemistry program in 2017. By the 2018-19 school year, the only program of its kind has grown from 40 to 230 students.

"We knew that the herbal supplement industry has grown over the last few decades," Mark Paulsen, professor and department head of NMU's Department of Chemistry, said. "The program has grown dramatically, and it's growing even more."

Students majoring in medicinal plant chemistry at NMU can choose between entrepreneurial or bio-analytical tracks, allowing for more career choices following graduation.

Students in the program take classes in chemistry, plant biology, business entrepreneurship and complete a research project. Currently, students do not grow marijuana as part of the program.

Medical cannabidiol has been used in recent years to help control pain for individuals who suffer from cancer, seizures, Crohn's disease and other untreatable pain. However, more workers are needed in the cannabis market, as the industry is projected to create over 250,000 jobs by 2020, according to forbes.com.

"It has been known that it had some properties that might be medically useful for a long time," Stephanie Toering-Peters, associate professor of biology at Wartburg College, said. "But it hasn't been very well studied because of its federal classification as a class one drug, which made it very difficult to do research on marijuana use."

Michigan legalized medical marijuana in 2008, while Iowa did not allow use of cannabidiol until 2017. This allowed five dispensaries to open across the state. The closest one to Wartburg's campus is located in Waterloo.

Students at Wartburg have the opportunity to learn about alternative medicine. However, Wartburg does not focus specifically on marijuana.

"One of the things that we like to focus on is the critical analysis skills of our students," Toering-Peters said. "Now it's marijuana, the next 10 years it'll be a totally different drug. We want them to know about the drug approval process, the research process and we want them to be able to look at those research papers and evaluate whether this is a legitimate drug or not."

For more information on a career with medical marijuana or plant-based medicine, Toering-Peters suggests students take plant biology and biochemistry courses. For more information regarding the medicinal plant chemistry program at NMU, go to nmu.edu.

Breaking down Wartburg College retention

◂ Continued from p. 1

"The working group reviewed retention data of American Multicultural Students and recognized that the largest place that we lose students is from their second to third year at Wartburg," Madlock said. "The working group indicated that identifying why students are leaving after their second year and assessing their needs would be valuable information for the college to collect. The information then would help the college understand how they can contribute to the persistence of American Multicultural Students at Wartburg College."

Nationally, college retention is a hot topic with increasing cost of enrollment and a shifting job market.

According to the National Student Clearinghouse, of the students who started four-year and two-year degrees in the Fall of 2011, 56.9 percent finished in six years.

In an interview with CNBC, Arizona State University President Michael Crow said that graduating with a little debt is often manageable. However, not graduating and still having student loan debt is a large burden.

Breaking down the Fall 2018 to Winter 2019 enrollment retention of 95.5 percent by demographic information reveals areas for improvement.

According to Director of Multicultural Student Services Krystal Madlock, the college is aware of lower retention rates for multicultural students on campus and is actively working to address them.

In self-identified ethnic categories, that same 95.5 percent retention number can be broken down to an 84.5 percent retention rate of Black Americans, 89.6 percent Hispanic American and 93.5 percent Multiracial American.

A few of the programs are multicultural students having a secondary advisor, the Summer Knights Bridge Program (renamed Castle Connection starting fall 2019), having a coordinator for Academic and Multicultural Student Services, INspire – a STEM program for multicultural students and the American Multicultural Student Working Group.

Waldstein acknowledged there is work to be done in retention efforts of multicultural students at Wartburg.

"Wartburg's faculty and staff are dedicated to serving our students," Waldstein said. "The better we do our jobs, the greater will be the numbers of students who will be successful and satisfied with their experience at Wartburg. And this means they will stay, graduate and move on to pursue their passions after graduation."

For more information about enrollment, contact Waldstein at edith.waldstein@wartburg.edu.

Dear Dr. Squirrel

What are ways to save money as a college student?

There are a lot of great and super simple ways for a college student to save money that he or she may not realize. The first one is to utilize student discounts. A lot of businesses offer some sort of discount to students. The movie theater in Cedar Falls has a college student night where students get a discounted ticket price and Toms shoes offers free shipping to college students.

At www.bestcollegesonline.com/blog/100-stores-that-give-a-student-discount, there is a list of over 100 stores that offer students different discounts.

It also helps to cut back on ordering out. Students at Wartburg who live on campus are required to have some sort of meal plan. Try to utilize the food that is already paid for before seeking out other options. Also try to limit that coffee habit. Maybe instead of getting an iced latte every morning, save that money to purchase a coffee maker of your own and save a few dollars in the long-run.

While campus food can get old, try to avoid being a regular at East China or Dominoes and maybe get together with friends and take an evening to cook a homemade meal where everyone splits the cost of the ingredients. This should be cheaper and offer an opportunity for leftovers to save for later.

Creating a financial plan can help save a person's weekly spending habits. Make a list of everything that needs to get bought with that month's paycheck and estimate how much everything costs. Leave the rest aside and try to avoid using it. Then track how much money is spent every week and at the end of the month look through past purchases and determine what is unneeded or could be cheaper.

To get some other ideas about ways to save money, go to www.thestreet.com/how-to/save-money-in-college.

Looking for advice?

Ask Dr. Squirrel

Submit your questions at trumpet@wartburg.edu and Dr. Squirrel will answer them on our new column "Dear Dr. Squirrel"

Major Highlight: Creative writing concentration

Dr. Amy Nolan, the associate professor of English, teaches English majors and nonmajors. Most students are required to take some sort of English class to complete their majors– **Alexis Bodzioch/** *Trumpet.*

SOPHIE KONGABLE
STAFF WRITER
sophie.kongable@wartburg.edu

"In the creative writing concentration, I do my best to create the most favorable conditions for students to discover and exercise their creativity--to trust their observations, insights, and ideas, and find the best words to express them," Dr. Amy Nolan, associate professor of English, said. "This is a skill, a practice, and something that no one can take away from them."

Creative Writing is one of three concentrations within the English major at Wartburg College. In addition to the six core credits that English majors are required to take, creative writing students receive a focused education in three of the four following courses: screenwriting, poetry writing, fiction writing and creative nonfiction writing.

Obtaining a degree in creative writing can lead to many career opportunities. A graduating student can go on to achieve careers in law, editing and publishing, library scence, archival work, advising, administrative work and many more options, Nolan said.

Wartburg senior, Elizabeth Blough, chose to pursue this path herself.

"I chose to study English because it was a subject that I was interested in. I came into college knowing that I wanted to prepare myself to go to law school, and I thought that the reading and writing experience that I would gain within this major would be useful. The creative writing concentration was another way that I could improve my writing skills," said Blough. "I see the benefits of having this degree as having more refined reading and writing skills."

Students wanting to participate in student organizations within the English major, but not limited to the English majors, can edit for The Castle, Wartburg College's literary magazine, become a member of Pen and Inc., a student-run organization that holds reading and writing groups and also sponsors poetry readings, open mics and performances. In the past they have brought in outside writers to campus.

"I would love to teach a course that combines creative writing with environmental studies, and take students into the field to study the prairie and write poetically about what is happening to and in the landscape," Nolan said. "I want students to be curious and observant about where they live, eat and breathe--to write about the things that we don't always see closely because we are surrounded by them every day: what birds live here, insects, plants, rivers and the way the landscape shapes us."

Students who are contemplating obtaining a major in creative writing can catch. Nolan at SOAR Day and Scholarship Day. She also takes every opportunity to meet with prospective students and their parents.

"I would encourage other students to pursue this degree," Blough said. "I believe that the skills taught are very valuable. The courses also provide a little bit of differentiation in your schedule, especially when it comes to creative writing."

For more information about this degree or becoming involved in the student organizations noted above, contact Nolan at amy.nolan@wartburg.edu.

Supplies:
Ceramic pot - Paint - Stones - Fake plant
Paint brushes - Plant foam - Fake moss

Step 1: Paint the pot white.

Step 2: Once the paint is dry, tape half way down the pot.

Step 3: Paint the top a color of your choosing. Make sure to do about half way inside the pot as well.

Step 4: With a round sponge brush, stamp dots onto the pot.

Step 5: Cut the sponge in half and put it into the pot.

Step 6: Fill the pot with stones.

Step 7: Stick the plant into the sponge and then fill the empty spots with the moss.

-**Krystal Johnson/***Trumpet*

Wartburg students trail the way with service

Students spent their winter break in the Cumberland Trails of Tennessee. They worked from 8 a.m. to 3 p.m., hiking to their work site. On the free day, students went to Chattanooga to see Rock City Gardens, Ruby Falls and more. **–Silvia Oakland/** *Trumpet.*

SILVIA OAKLAND
A+E EDITOR
silvia.oakland@wartburg.edu

Spring break for most students means a time of relaxation. It could even be a time to travel to a different state or country to relax, have a good time and soak up the sun. However, others spent their time traveling for a different reason.

Over winter break, four service trips led by various Wartburg students traveled across the United States to serve the needs of other communities. Each trip focused on a different aspect of service. One trip focused on helping schools in Denver, Colorado, while another in Arkansas helped build a house.

One of the larger groups went to Cumberland Trails, Tennessee, to help create hiking trails for the public. Wartburg and Michigan State worked together over the course of their spring breaks to create roughly two miles of trail.

Half of the 20 students from Wartburg went to work on connecting two trails on the steep side deep within the valley of the mountains.

Each day Wartburg students ate breakfast at 7 a.m. and packed their lunches for the trail. From there the vans were loaded and it was a five minute drive to the entrance of the trail. Students then picked up and carried the various tools of trail building (mattocks, macleods and 16 pound rock bars) for a while before arriving at the destination to begin build the rest of the trail.

Wartburg and Michigan State were not the only people helping to build trails, volunteers from Tennessee also helped. One of those volunteers was John Wigington, a volunteer for the Cumberland Trails and an avid hiker. Wigington hiked the Appalachian Trail, that is nearly 2,200 miles long and extends from Maine through Philadelphia and Virginia all the way down to Georgia.

Wiginton began hiking as a boy scout, around 12 years old and continued to hike different places throughout his life. With doing a fair amount of hiking in high school and college, he soon found less time due to work and family, but after retirement he began once again. Wigington would then hike the Appalachian Trail over the course of five months.

"I think I looked at it as a challenge, both physically and mentally," Wigington said. "Once you've been on the trail for four or five weeks, it really becomes a mental issue."

Wigington did not just hike for his love of hiking, but also hiked the trail to raise money for a charity called "House of Hope" which helps child welfare agencies and provides necessities such as clothing, food and more to families in need.

Overall, it took Wigington five months to hike the whole trail. Along the way, he ate meals sent to him by his wife, Susan, who mailed the food packages they created in advance to the nearest post office.

Among the volunteers on the trails, there were also professionals who had anywhere from a month to six years of experience in working on the trails. Shauna Wilson and Savana Keeton are two of those who work for the Cumberland Trails CXX (CTC).

Wilson has worked for the CTC for six years but originally worked as an apple orchard manager. Savana, and her fiance Dusty, are students at a nearby university and have been working on the trails for three years.

"I hike a lot and it was winter time," Wilson said. "I didn't want to hike by myself. I found the CTC on the internet, which is how I started."

As for Keeton, she simply saw a sign on the office door of CTC while walking around town and decided she wanted to take the job.

Keeton and Wilson both believe there are a lot of rewarding moments when creating trails for the community.

Finishing a long section of trail and being able to walk the total length is one of those. It shows how much and how hard these people work to create something that will last for a lifetime.

CTC sees roughly 150 to 200 student volunteers from various schools during the month of March to help complete the 300 mile long trail.

"I think they get a respect for what actually goes into trails," Wilson said. "A lot of people don't even know, they just think the trails appeared. It's rewarding in a sense of whenever you go on future hikes you think wow this is impressive."

Those who work for the CTC are really appreciative of the work student volunteers do for the trails, especially those who come on their spring break to do service.

"I probably wouldn't have been doin this on Spring break in college," Wilson said. "I probably would have been in Cancun so it's so respectable that you guys come out and do this."

Wilson and Keeton both want to encourage students from Wartburg or any college to come out and work on the trails.

"To future Wartburg students, if they're from Wartburg send them on down," Wilson said. "You'll have a new appreciation for trails, it's a legacy. It will be here for generations. You can bring your kids and grandkids back and say I built this."

Do you know somebody at Wartburg who goes above and beyond and is an example for the community?

We are looking for them to be recognized on our STUDENT SPOTLIGHT column

Nominate them by sending an email at trumpet@wartburg.edu with your submissions

Pizza Bagel

INGREDIENTS:

1 bagel (can be any kind but just a plain white one works best)

A dollop of pizza sauce

Cheese (cooks choice)

Any additional toppings, such as pepperoni or mushrooms

PREPARATION:

1. Cut a bagel in half.
2. Spread the sauce onto both halves of the bagel. Sprinkle the cheese and add any additional toppings.
3. Put the bagel in the microwave for about one minute to three minutes, depending on the microwave.
4. Let it cool a bit after it's cooked and then enjoy.

Review: 'Sucker' for the Jonas Brothers

RYLEY SEYMOUR
STAFF WRITER
ryley.seymour@wartburg.edu

The Jonas Brothers have not been together as a band since the fall of 2013. The latest release shot to the top of the charts and is currently sitting number one on Billboard Hot 100. **-Photo courtesy of Entertainment Weekly**

On February 28, Joe, Nick and Kevin Jonas posted on personal Instagram and Twitter accounts a picture of the three brothers with the name "Jonas Brothers" at the top and the word "sucker" at the bottom of the picture. People started posting and tweeting about the reunion of the brothers. Then, at midnight, the Jonas Brothers released not only a brand new single but also a music video.

It has been six years since the Jonas Brothers made new music together. But "Sucker" could undoubtedly be the best song they have released. With songs like "Year 3000," "S.O.S." and "Burnin' Up" having a fairly similar sound, this new release adds a little bit of the music tastes the brothers have individually produced over the last six years.

In 2013, Nick Jonas initiated the conversation with his brothers stating he was having complications with the band and felt it would be best to take a break. Joe tweeted "please hold while we get our s*** together," and he followed up on this tweet on Feb. 25 tweeting "Thank you for holding. S*** = together."

The brothers went their separate ways. Nick began working on his own music and released the hit single "Close."

Joe started a band with some of the touring members of the Jonas Brothers called DNCE and released the hit "Cake by the Ocean." Kevin decided to step out of the spotlight and start a family of his own.

With an uncomplicated, funky beat and catchy chorus, the song has a mixture of the groups' previous sound with a bit of influence from DNCE and a hint of a Maroon 5 vibe.

"Sucker" was written for the brothers' significant others, their love and joy for them.

The music video shows the brothers singing the song, to their significant others. The video was shot in a large mansion in England with a dark and dreary interior but makes up for that with the vibrant clothing everyone is wearing.

There are outdoor shots with drinking tea, trimming hedges and taking baths with suckers. The final shot is of the brothers with their significant others posing for a portrait painting.

So what does the future look like for the Jonas Brothers? The group has confirmed that a documentary will be released on Amazon explaining the breakup of the Jonas Brothers, the lives they've lived after and since their reunion.

There is no release date set for the documentary but Amazon has promised there will be a date soon. As for more music from the brothers, there has been no official word on what they have in store.

First Infantry Division Band educates Wartburg students

NATHAN STEPHANY
GUEST WRITER
nathan.stephany@wartburg.edu

Sergeant Jeff Kurka of the first infantry division army band joined to pay off some student debt and make music, and now he's encouraging others to do the same.

"He said we'll pay off your student loans," Kurka said. "And I said where do I sign?"

Kurka is a trombone player for the first infantry division band out of Ft. Riley, Kansas, and also plays as part of the brass quintet. The quintet, along with a woodwind quartet, were part of the group that arrived at Wartburg this past week to play alongside and educate students. Their visit culminated in a performance Thursday evening in the Wartburg chapel from both instrumental groups.

"Most of what our brass quintet does and our primary focus in the last eighteen months has been, we decided, was to be an educational focus," Kurka said.

That educational focus became an asset for Wartburg musicians as members of the jazz band, symphonic band and smaller ensembles, such as the clarinet studio and flute choir, on campus got the chance to play with the Army musicians. The guest musicians also became involved with music classes not just for possible recruitment but for the chance to reach students in a slightly different way.

"Often times teachers will say the same things to a variety of students and for whatever reason, sometimes hearing the same thing told in a different manner makes it click," Staff Sergeant Ryan Scott, tuba player for the brass quintet, said. "I know I've had a lot of teachers that that works with me and I imagine it helps with other students as well."

The army band's visit was short, but their Wartburg stop won't be the last tour for the group. The first infantry division army band is always on the lookout for stops where the army musicians can keep working and educating students.

We are the women of Wartburg

Wartburg women's experiences and struggles

KRYSTAL JOHNSON
KNIGHTLIFT EDITOR
krystal.johnson@wartburg.edu

The importance of Women's History Month is simple, to honor women. Throughout history women have been overlooked in certain fields. In 1982 Congress passed the Pub. L. 97-28, which made the of March Women's History Month, according to womanshistorymonth.gov.

Women were largely left out of history for centuries because of the lack of female historians as well as the perception that females were inferior in Western society at the time. Women were not given the opportunity to gain power and make big changes to be considered historical, according to an article published by Bustle.

Today, women are making a difference in a way that demands recognition, especially in politics, science and the arts. Women are now gaining the power to be heard and remembered by future generations.

Female role models, such as Ruth Bader Ginsburg,supreme court justice, and Nobel Prize winner Marie Curie, are used to inspire others to make a difference. Women are no longer on the sidelines of history and can no longer be ignored.

Women's History Month honors women who are largely ignored, such as Eleanor Roosevelt, who is considered the "first" female president by some historians, and Harriet Tubman, who made a bigger difference to the development of the underground railroad than many know.

The importance of acknowledging and understanding women's accomplishments and struggles helps us as a society to grow and inspire others.

This is the first of two installments about the female faculty and staff of Wartburg. Throughout this issue and the next, stories of struggles and successes will be shared by Wartburg women in various departments ranging from science to student life to English.

Michaeleen Golay is the assistant professor of biology at Wartburg. Golay is an ecologist who studies various forms of forest biology. Golay also has a passion for collaborative learning and encourages students to propose research of their own if they are interested.

Experiences with Gender, Michaeleen Golay

Experiences with gender hindering success:

Golay: "I studied forest biology in graduate school and forestry is a very heavily dominated field, so I often felt like I was the minority in the classroom, that maybe my perspectives wouldn't be listened to or valued so that was a struggle. I don't necessarily know if I felt it from the instructors but more than just the general classroom environment. I always try to makes sure that when I am teaching or meeting with students, that I am supporting everyone in the classroom and that they are welcome and that their opinions are supported."

Advice for women who may be majoring in a male-dominated field that may feel like they are the minority:

G: "Find a mentor to talk to you about it and help you work through the problems that you are experiencing. I know that my faculty mentors when I was in graduate school were hugely important in my feeling like I had support and resources that helped me be successful."

"For students and other faculty, I am always impressed to see you empowering each other and supporting each other and I think that goes across gender lines and across all lines to be supportive of our community."

> *"I always try to make sure that when I am teaching or meeting with students, that I am supporting everyone in the classroom and that they are welcome and their opinions are supported.*

Krystal Madlock began working for Wartburg 20 years ago in the Admissions Office and two years later moved to the Student Life Office. Madlock loves spending time with family and friends. Her reasoning for staying here at Wartburg is the students she works with.

Experiences with Gender, Krystal Madlock

Experiences with gender hindering success:

Madlock: "The interesting thing is when you sent me the email I was thinking "issues, issues, issues?" and there's definitely been issues but the unfortunate thing is that it's mostly been issues with other women and that's probably the thing that's bothered me."

"Since I have had issues with other women, I just want to make sure I'm not doing the same thing to other women. So if a situation comes up I want to make sure I'm handling those situations so that it can be a positive result for all. I want to live my authentic self and I'm not sure if I've done that because I felt like I needed to handle things differently. With me being not only a woman but a black woman, there's a lot of stereotypes. With being an African American as a whole but also being an African American woman."

Finding your authentic self:

Madlock: "I think it came a lot from my mom, my grandmother, my great-grandmother, my aunts. All of them are their authentic selves all the time. Not saying that they didn't have any issues because we all do, but I had great role models to pave the way for me. That was one thing that I can contribute, because of the role models that were in my life."

"The second piece is, especially in my job the number students that I interact with on a regular basis, I want to make sure that I am my authentic self with them so that they will have an understanding of next steps to take. If I'm talking to them I'm going to be honest with them. So, it's role models and mentors that I've had in my life, but also we are in a time when there are so many things going on. With family structures and education, with isms. With racism, sexism, ageism, with all these things we have to be honest. We have to and that's the only thing I can do and I feel like I have to do."

> *"That's what really hit me my sophomore year of college, I felt like I needed to hide my passions and personality because I was coming off too direct to people, and I didn't want to be too aggressive so I backed off. As I'm getting older, I realized I need to be my authentic self.*

Winter Sports Success

Women advance to Elite Eight, win conference tournament

The women's basketball team won the A-R-C regular season and conference tournament titles. - **Julie Drewes**/*MARKETING & COMM.*

After graduating the team's starting five a year ago, the Wartburg Women's Basketball team erased all doubts and finished the season with the program's third Elite Eight performance in four years. Two Knights earned All-American honors through the Women's Basketball Coaches Association (WBCA). Adrienne Boettger '19 was honored, while Emma Gerdes '20 earned honorable mention accolades.

All of the Knights' starting five earned All-Conference honors, with Gerdes being named the conference MVP.

Amanda Brainerd '20 and Boettger were first team selections. Tori Hazard '21 was selected to the second team, while Ally Conrad '21 was tabbed as an honorable mention.

All-Americans
Boettger, WBCA All-American
Gerdes, WBCA Honorable Mention

"We knew we had what we needed to be good, we just didn't know what is was going to look like.

- Adrienne Boettger, WBCA All-American

Wrestling stumbles in opening rounds, finishes sixth at national tournament

The Wartburg wrestling team qualified seven individuals for the national meet in Roanoke, Virgina, but stumbled in the opening rounds, resulting in a sixth-place finish. This is the first time since 2002 that the program has not had a National Champion and it is the lowest number of All-Americans since 1995.

Top-ranked Cross Cannone '19 and no. 3 Kyle Briggs '21 earned third in the 157 and 174 pound weight classes, while no. 6 Brady Fritz '22 and unranked Bowen Wileman '19 brought home sixth at 141 and 285 pounds.

The tournament started with no. 3 Brady Kyner '21 going 2-2 in Friday matches at 125 pounds. Each of Kyner's matches were determined by decision. Reigning 133 pound National Champion Brock Rathbun '21 lost two matches. Rathbun suffers from Type-1 Diabetes and noted that his blood sugar was abnormally high prior to the matches.

Fritz lost the first match but battled back to upset top-ranked Troy Stanich of Stevens to earn All-American status.

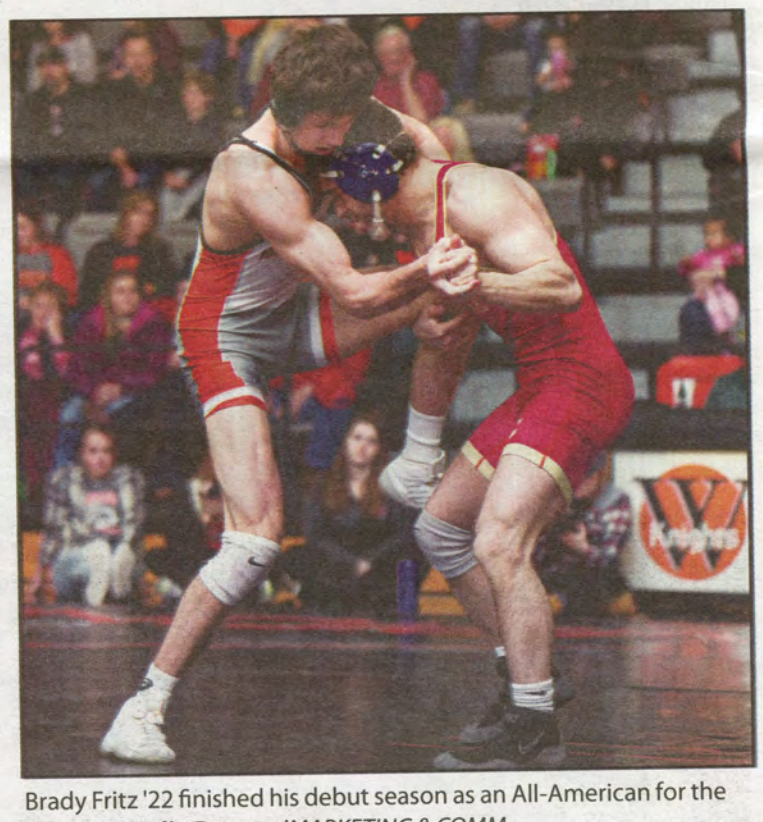
Kris Rumph '22 went 1-2 at Nationals, winning the first match by decision before losing by major decision and fall.

Cannone's 63 match winning streak was snapped in the semifinal match with a close 6-5 decision, but was able to recover. Cannone posted two major decisions to end his Wartburg career a three-time All-American

Briggs also lost a heartbreaking one-point decision in the semifinal round. Briggs followed up with a 6-5 decision and a 13-1 major decision to claim third overall and All-American status.

Wileman upset no. 2 James Bethel of SUNY-Oneonta to also earn All-American status before losing the last three matches at Nationals. As a heavyweight, Wileman continued the string of consecutive All-American 285 pound wrestlers to 21.

All-Americans
Fritz, 141 pounds
Cannone, 157 pounds
Briggs, 174 pounds
Wileman, 285 pounds



Brady Fritz '22 finished his debut season as an All-American for the Knights. - **Julie Drewes**/*MARKETING & COMM.*

Belle Tyynismaa '20 (left) and Jackie Ganshirt '21 (right) were both All-Americans in the 4x400-meter relay. -**Photo courtesy of Jackie Ganshirt**

Wartburg track and field produces nine All-Americans

The Wartburg track and field team advanced 12 events to the 2019 NCAA Division III Indoor Track and Field National Championships in Boston, Massachusetts, at the Reggie Lewis Track and Athletic Center and returned to Waverly with nine All-American honors.

The women tied for 27th as a team with nine points, while the men tied for 42nd with five. The men had two All-American performances, while the women had one relay team and three individuals as All-Americans.

Carina Collet '21 broke the school record for the 5,000 meter run at Nationals en route to an All-American finish. The record now stands at 16 minutes, 51.66 seconds.

Dalton Martin '22, Lily Campbell '22 and Carson McSorley '22 each earned All-American honors in their first collegiate season.

All-Americans
Collet '21, 5,000
Jackie Ganshirt '21, Belle Tyynismaa '20, McSorley '22, Campbell '22, 4x400-meter relay
Cassidy Christopher '21, 3000
Anna Rehberg '20, Shot put
Sam Pinkowski '21, 5000
Martin '22, 800

Tacking CTE awareness

RYAN REEBENACKER
SPORTS WRITER
ryan.reebenacker@wartburg.edu
CHRIS LUCAS
STAFF WRITER
chris.lucas@wartburg.edu

–**Julie Drewes**/*MARKETING & COMM.*

For the last several decades, football has been identified as one of the leading causes of Chronic Traumatic Encephalopathy, or CTE. According to the Concussion Legacy Foundation, CTE is a degenerative brain disease found in athletes and military veterans, along with individuals who have a history of brain trauma.

"Football, because of the heightened awareness to this issue, is actually safer today than it ever has been," Rick Willis, Wartburg's head football coach, said. "We're taking everything that's within our control, and we're trying to do a good job of controlling it to make sure that it's as safe as it possibly can be."

Symptoms of CTE can include memory loss, mood changes and paranoia. Even though individuals can self-diagnose CTE, it can only be officially diagnosed after death.

Because the condition is irreversible, some parents may be cautious in allowing children to play football. According to a study published in the July 25 issue of JAMA, 99 percent of surveyed athletes that played in the National Football League (NFL) were diagnosed with CTE post-mortem. Twenty-one percent of surveyed high school football athletes were diagnosed.

"[The statistics are] definitely concerning," Matt Sacia '19, Wartburg's All-American quarterback, said. "The science backs it up, so it's obviously a problem. I think we all see it as a problem and something that we want to address."

The Wartburg football team has taken the issue seriously and takes measures to prevent injuries that could cause CTE. Sacia said that the team avoids live repetitions during practice. Additionally, the team works to stay up-to-date on equipment, including helmets.

"The coaches take every measure possible to make sure that the players are safe," Sacia said. "They're never going to put a guy in a situation where they're potentially going to really hurt themselves. A game is not worth putting someone in danger like that."

The Concussion Legacy Foundation also noted that not everyone who suffers repeated impacts to the head will be diagnosed with CTE. However, children who begin contact sports before the age of 12 have a higher risk for developing CTE later in life. Athletes who have longer careers are also at a higher risk.

For Willis, the best way to help prevent CTE is to educate athletes on the dangers of concussions and concussion protocol.

"A big part of concussion protocol is the players understanding the seriousness of it," Willis said, "to the point where they know to communicate honestly with the coaches and the trainers when they feel like something is wrong."

While the dangers are apparent for participation in high contact sports like football, athletes competing today are exposed to a different era of rules and sports technology.

Men's, women's tennis go 3-0 over weekend

The Men's Tennis team extended the season record to 6-5 with two wins over the weekend. –**Julie Drewes**/*MARKETING & COMM.*

ANNIKA WALL
SPORTS EDITOR
annika.wall@wartburg.edu

The Wartburg Men's and Women's Tennis teams combined to go 3-0 over Friday and Saturday. Both teams defeated Crown College 9-0 on Friday, while the men defeated Monmouth 6-3 on Saturday. This was the first time in the last 10 meetings the Wartburg men have beaten the Fighting Scots.

To start off against Monmouth, Lucas Huffman '22 defeated Joseph Shie at no. 1 singles, 7-6 and 7-5. Samuel Nettleton '19 and Will McDonald '19 lost at the two and three spots, respectively. Both Nettleton and McDonald's matches went into three sets.

Grant Kincaid '20 defeated Alex Martin 7-6 and 6-3 at the four spot, while Ben Mason '20 blanked Nicholas Robertson 6-0 in both sets at the no. 6 singles. Nate Kolz '21 lost at the five spot in three sets.

Wartburg swept doubles competition. Huffman and McDonald defeated Shie and Harris 8-3 at the one spot, while the duos of Nettleton and Kolz and Kincaid and Elliott Kuchera '19 blanked the Fighting Scots at the two and three spots.

Against Crown College, both the men's and women's programs won, 9-0. Andrew Linkletter '20 and Travis Errthum '22 shut out the Storm at the five and six spots.

At doubles, Kincaid and Mason teamed up in the top spot to win 8-0, while Errthum and Ethan Adams-Harwell '22 blanked the Storm at the three spot.

The women bounced back from a loss to the University of Saint Katherine to sweep the Storm. Ambriel Jacobs '22 and Nicole Popp '22 swept Crown at the no. 4 and no. 6 singles spots, respectively.

Madison Overmann '22 and Sydney Rottinghaus '21 paired up at the no. 1 doubles spot to win 8-0. Jacobs and Rebekah Corson '21 mimicked the result at no. 2 doubles, while Amber Laube '22 and Jenn Dankenbring '20 also blanked Crown at no. 3 doubles.

The men currently stand at 6-5 on the season, while the women are 12-1. Both teams travel to the Twin Cities next Saturday to face Hamline. The men will also take on Northwestern-St. Paul.

This Week in Sports

Women's Tennis
Win vs. Crown College, 9-0
The women kept Crown scoreless in all doubles matches. Ambriel Jacobs '22 and Nicole Popp '22 blanked the Storm at no. 4 and no. 6 singles.

Men's Tennis
Win vs. Crown College, 9-0
Wartburg shut out the Storm in four out of nine matches.

Win vs. Monmouth, 6-3
Lucas Huffman '22 won at the top singles and doubles spots. Grant Kincaid '20 won at no. 4 singles and no. 3 doubles.

Baseball
Loss @ LeTourneau University, 2-1
Jarod Harris '22 scored the Knights' lone run off of a hit by Emmanuel Jeffery '20.

Loss @ LeTourneau University, 7-3
Harris and Tyler Nunemaker '20 had two hits each in the loss. JoJo McNair '21 batted in two runs.

Loss @ LeTourneau University, 7-0
Dylan Gotto '21 pitched the loss as the Knights committed five errors as a team.

Softball
Loss vs. DePauw University, 7-5
Liz Roby-Miklus '19, Olivia Brecht '22 and Morgan Goedken '22 had two hits each. Roby-Miklus also scored two runs.

Loss @ Washington University, 6-4
Sydney Illg '22 hit a home run. Illg, Roby-Miklus and Kailee O'Brien '19 had two hits each.

Loss vs. DePauw University, 9-2
Brecht and Madison Stoaks '21 scored one run each.

Win @ Washington University, 8-2
Brenna Gray '19 pitched the win, with Lauren Reicks '21 earning the save. Hannah Onken '19 went two for two from the plate.

Women's Lacrosse
Loss vs. Aurora University, 21-3
Natalie Dudley '19, Alex Pollock '20 and Bri Greiskalns '21 scored one goal each.

Upcoming Sports Schedule

March 20

- Women's Lacrosse @ Loras, 5 p.m.

March 22

- Men's Track & Field @ Washington University
- Men's Track & Field @ Emporia State University
- Women's Track & Field @ Washington University
- Women's Track & Field @ Emporia State University
- Baseball vs. University of Dubuque, 6 p.m.

March 23

- Men's Track & Field @ Washington University
- Men's Track & Field @ Emporia State University
- Women's Track & Field @ Washington University
- Women's Track & Field @ Emporia State University
- Baseball doubleheader vs. University of Dubuque, 1 p.m.
- Softball doubleheader vs. Aurora University, 12 p.m.
- Men's Tennis @ Hamline University, 12:30 p.m.
- Women's Tennis vs. Hamline University @ Minneapolis, MN, 12:30 p.m.
- Women's Lacrosse @ Benedictine University, 1 p.m.
- Men's Tennis @ University of Northwestern, 4 p.m.
- Women's Tennis @ University of Northwestern, 4 p.m.

March 24

- Softball doubleheader vs. UW-Oshkosh, 12 p.m.
- Women's Lacrosse vs. Augsburg, 1 p.m.

Trumpet Athletes of the Week

Lucas Huffman

Won at no. 1 singles and doubles to aid Men's Tennis to a 6-3 victory over Monmouth on Saturday.

Liz Roby-Miklus

Extended the career stolen base record to 89. Batted .428 over the softball team's four games in St. Louis.

'I didn't know that I was close'

Roby-Miklus becomes career leader in stolen bases

RYAN REEBENACKER
SPORTS WRITER
ryan.reebenacker@wartburg.edu

Liz Roby-Miklus '19 became the career leader in stolen bases, passing former Knight and current Wartburg College Admissions employee Natalie Smith (Curran) '02. The record was claimed by Roby-Miklus during the Knight's 13-1 victory over Penn State on March 6, as she claimed 78 career stolen bases, passing Smith's mark of 77.

"I didn't know that I was close until the game before," Roby-Miklus said. "It hasn't ever been something I focused on. Stealing bases is something that I just really enjoy, and as a program we put a lot of pressure on the defense. We are always trying to get that next base."

The way Roby-Miklus conducts herself on the field now, it would be hard to assume that confidence was an issue for the senior star, or that she hadn't been batting left-handed her entire career. According to Roby-Miklus, the transition from batting right-handed in high school, to left-handed in college, challenged her.

"I struggled a lot with having confidence on offense, and that stemmed from my lack of experience on the left side of the plate," Roby-Miklus said. "There are physical obstacles to every change, obviously, but the mental one was huge."

The change was largely due to Roby-Miklus' fit on the team, and how she could use her superior speed in her favor.

"Coach Mueller likes small ball and I was willing to buy in," Roby-Miklus said. "She wanted a slapper and I was like 'sure, let's do it.' Of course it took a lot of hard work and a lot of hours to get comfortable with it, but she believes in each and every one of us and I needed that to be successful on the left side."

Smith, now a Wartburg College admissions counselor, had the chance to watch her former softball team for over a decade up close. Roby-Miklus, in Smith's eyes, is a worthy successor to the record and the number two jersey that belonged to Smith.

"[I'm] Excited," Smith, when asked about her reaction to giving up the stolen bases record, said. "Only because I know the softball program is back to the contending spot, being competitive. It's neat too because Liz and I wear the same number."

That respect is mutual in the eyes of Roby-Miklus.

"I'm very honored to be considered the level of athlete that she was," Roby-Miklus said. "She's an amazing person. She assistant coached us my first year at Wartburg, and her impact on our program extends beyond only what she did as an athlete."

Aside from the stolen bases record and sharing the same number, Smith feels that Roby-Miklus and her have one other thing in common: the confidence that Roby-Miklus felt she once lacked.

"I pretty much, and just like she does, had the green light to go make plays," Smith said. "If there's a mindset, I think it's just to be confident and to be aggressive."

While it may once have been an issue, confidence is now something Roby-Miklus has in spades. Roby-Miklus' record is up to 89 career stolen bases and will continue to climb throughout the season.

Liz Roby-Miklus '19 switched from being a right-handed batter in high school to a left-handed slapper in college, but continued to steal bases left and right. –**Julie Drewes**/*MARKETING & COMM.*

MOST STOLEN BASES (CAREER)

1. **Liz Roby-Miklus 2019, 89**
2. Natalie Curran 2002, 77
3. Kailee O'Brien 2019, 52
4. Carrie Zuck 1997, 45
4. Katie Sommer 2018, 45
6. Alisa Steffen 2001, 42
7. Ashley Steines 2008, 38
8. Kelly Muller 1995, 37
9. Erica Countryman 2018, 35
10. Ashley Orris 2008, 33

Schneider vaults into record books

Nicki Schneider '21 was the 2019 American Rivers Conference runner-up in the pole vault. –**Marketing & Comm.**

EMILY MCCALLA
STAFF WRITER
emily.mccalla@wartburg.edu

Nicki Schneider '21 broke the school record for indoor pole vault at the American Rivers Conference Championship held at Wartburg earlier in the year. Schneider jumped a mark of 10' 8" to break the previous record of 10' 06.25."

With that record, Schneider scored the women's team eight points by getting second and earned individual All-Conference honors. The next weekend, Schneider broke the record again by jumping 11' 2.25 at the Wartburg NCAA qualifier.

"When I got to conference, I was very nervous," Schneider said. "During the first height, Coach [Nick] Kohl was the one there to keep me calm, and when I finally broke it he was the first person I thanked and celebrated with."

Schneider trains in a variety of ways. Monday and Wednesday consist of sprint workouts and Tuesday and Thursday focuses on technique.

Nick Kohl, an assistant track and field coach who works with jumpers and pole vaulters, had a big part in Schneider's record breaking jump in more ways than just practice.

"Coach Kohl has been with me through the entire process and has always been there to pick me back up after a bad practice or a bad meet," Schneider said. "I actually no heighted a week before the conference meet and Coach Kohl was there to remind me that everything was fine."

Being a sophomore means that Schneider has two more years to continue to beat her indoor record and three seasons to claim the outdoor record, which stands at 11' 0.25." Her goal for outdoor season is to reach 12' and qualify for nationals.

By her final season, she hopes to be the first Wartburg pole vaulter to qualify for the national meet with the ultimate goal of becoming a National Champion.